



Black Belt Speech Requirement Guidelines

What **T**ae **K**won **D**o **H**as **D**one **F**or **M**e

This sample is to be used for basic speech structure.

You are expected to elaborate & fill in the underlined words with your own thoughts.

Introduction

Judges, my name is Kyle Kicks.

What Tae Kwon Do has done for me.

Tae Kwon Do has taught me 3 important things:

Knowledge in the mind, honesty in the heart, & strength in the body.

1. Tae Kwon Do has helped me to develop knowledge in the mind,
by showing me the value of education. It has taught me the importance of
improving & challenging myself & how to take on life's challenges.
2. Tae Kwon Do instructors have taught me the importance of honesty in the heart,
by showing me that martial arts is the philosophy of discipline, respect & honesty.
3. Tae Kwon Do classes have helped me to develop strength in the body,
in these 3 areas: muscle tone, flexibility, & cardiovascular fitness.

Summary

I would like to take this opportunity to thank my family and my instructors.

I am an honor role student, sir.